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# Nutri - Topics

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Consumer

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## Nutrition, Learning and Behavior

### Books and Book Chapters (in order by year)

*The Relationship Between Nutrition and Learning. A School Employee's Guide to Information and Action.* Lynn Parker. Washington, DC: National Education Foundation. 1989. 43 pp.

*Nutrition, Diet, and Your Child's Behavior.* J. Gordon Millichap. Springfield, IL: Charles C. Thomas. 1986. 165 pp.

### Journal Articles (in order by year)

“Diet and behavior.” Sheila Williams and Rob McGee. *New Zealand Medical Journal*, 102(876):499-500. September 27, 1989.

“The role of diet in modulating brain metabolism and behavior.” Carol Greenwood. *Contemporary Nutrition*, 14(7). 1989.

“Nutrition and behavior 1: allergies and additives.” Eleanor N. Whitney and Linda K. DeBruyne. *Nutrition Clinics*, 1(5):1-11. 1987.

“Nutrition and behavior 2: nutrient deficiencies and sugar.” Eleanor N. Whitney and Linda K. DeBruyne. *Nutrition Clinics*, 1(5):12-30. 1987.

“The effects of diets rich in and free from additives on the behavior of children with hyperkinetic and learning disorders.” Mortimer D. Gross, et al. *Journal of the American Academy of Childhood and Adolescent Psychiatry*, 26(1):53-55. 1987.

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The resources listed are judged to be accurate, readable, and available. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

“The sweet truth about sugar and behavior.” Alexa Sparkman. *Texas Child Care Quarterly*, 10(4):2-5. Spring 1987.

“Carbohydrate intake and children’s behavior.” Markus J. P. Kruesi. *Food Technology*, pp. 150-152. January 1986.

“Diet and behavior.” *American Family Physician*. 33(1):110-113. January 1986.

“Perspectives on aspartame.” Manfred Kroger and J. Lynne Brown. *Nutrition Forum*, 1(1):2-4. October 1984.

## **Contacts for Assistance**

### Local Contacts (listed in telephone directory)

### Ask for the:

Health Department (city, county or state) . . . . .	Public Health Nutritionist
Extension service (state) . . . . .	Home Economist
Hospital (children’s hospital) . . . . .	Registered Dietitian
College or University:	
Department of Home Economics, Nutrition, Dietetics	
or Education . . . . .	Nutrition Instructor
Dietetic association (state or regional chapter) . . . . .	Dietitian
Department of Education (state) . . . . .	Nutrition Educator or Vocational Home Ec. Dept.
TEL-MED (information on health and disease issues) . . . . .	Recording

### National Contacts

National Health Information Clearinghouse, ODPHP, P.O. Box 1133, Washington, DC 20013. Toll free number: 1-800-336-4797; Washington Metropolitan Area: (202) 429-9091; Virginia: (703) 522-2509.

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